"I was walking down the hall and there wasn't a light over the stairwell.

I fell down an entire flight of stairs..."

Are you heading for a fall?

Like many people, you may not realize you are at risk for being injured by a fall. You might think that falls only happen to frail, older adults, or that falls are a normal part of aging. Don't let these myths keep you from facing your fears and learning to prevent falls. If you answer "yes" to any of the following, now is the time to take steps to prevent a fall:

- Are you 60 or older
- Have you fallen in the past year even if you weren't injured?
- Do you have a fear of falling? Or worry that someone you live with might fall?
- Do you live at home or in an independent apartment?

Stepping On workshops are not designed to help older adults who:

- Use a walker indoors or a wheelchair full-time
- Have dementia or cognitive impairment

Find a Stepping On workshop near you, and improve your chances of avoiding a fall. Visit wihealthyaging.org and click on Find a Workshop.



What is Stepping On?

Stepping On leaders coach you to recognize your risk of falling, and help you build the physical strength and practical skills you need to avoid falling. You learn in a fun, hands-on way, putting information to use from the very first session.

"I learned new things on the first day ... it was fun!"

People who complete Stepping On have a **50%** reduction in falls.

Stepping On workshops meet for 2 hours, every week for 7 weeks. Local experts, trained leaders, and other group members support and encourage you to find solutions to make your home safer and your body stronger. You'll regain the confidence to stay active in your community and do the things you want to do.

Stepping On helps you build confidence in your ability to manage your falls risk.

You'll learn:

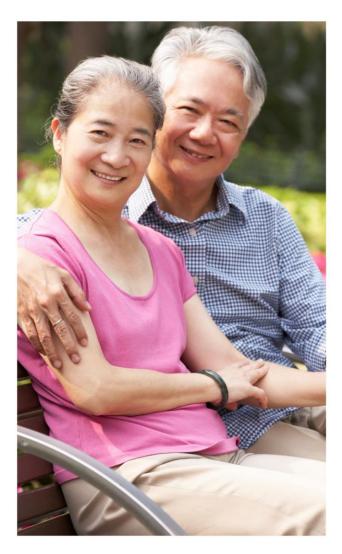
- To identify and remove fall hazards from your home
- To see and avoid fall hazards out in your community
- To get back on your feet the right way if you fall
- How vision and hearing affect your risk of falling

- To use walking aids the right way
- To choose safe footwear for all your activities
- Strength and balance exercises you can adapt to your individual level
- How medications play a role in your risk of falls





"The exercises keep my legs strong...I still do them everyday. I can see the muscle I've gained!"



Upcoming Class Information

Date:

Location:

Time:

<u>Pre-Registration Required</u> – Call Tara to register at: 715-381-4366

2017 Stepping On Program Sponsor



Sponsorship does not constitute WIHA's endorsement of products or services.



Aging & Disability Resource Center of St. Croix County
1752 Dorset Lane
New Richmond, WI 54017
800-372-2333

www.sccwi.gov adrcinfo@sccwi.gov

Pre-registration is required. Contact Tara Murdzek at 715-381-4366 for more information



1414 MacArthur Rd, Suite B Madison, WI 53714 (608) 243-5690 | info@wihealthyaging.org

Learn more about this and other healthy aging programs by visiting wihealthyaging.org

Find us on Facebook at
Wisconsin Institute for Healthy Aging



Falls are preventable.

Don't wait until a fall injures

more than your pride!

Stepping On is a workshop proven to reduce your risk of falls by up to 50%. In just 7 weeks, you can be stronger and steadier wherever you go, and keep doing the things you want to do.